



CELEBRATE FRICTION



Synergy. Martin Hill and Philippa Jones



Plus Wonder is an exploration of meaningful connections of all types.

Who are the people who make you, you?

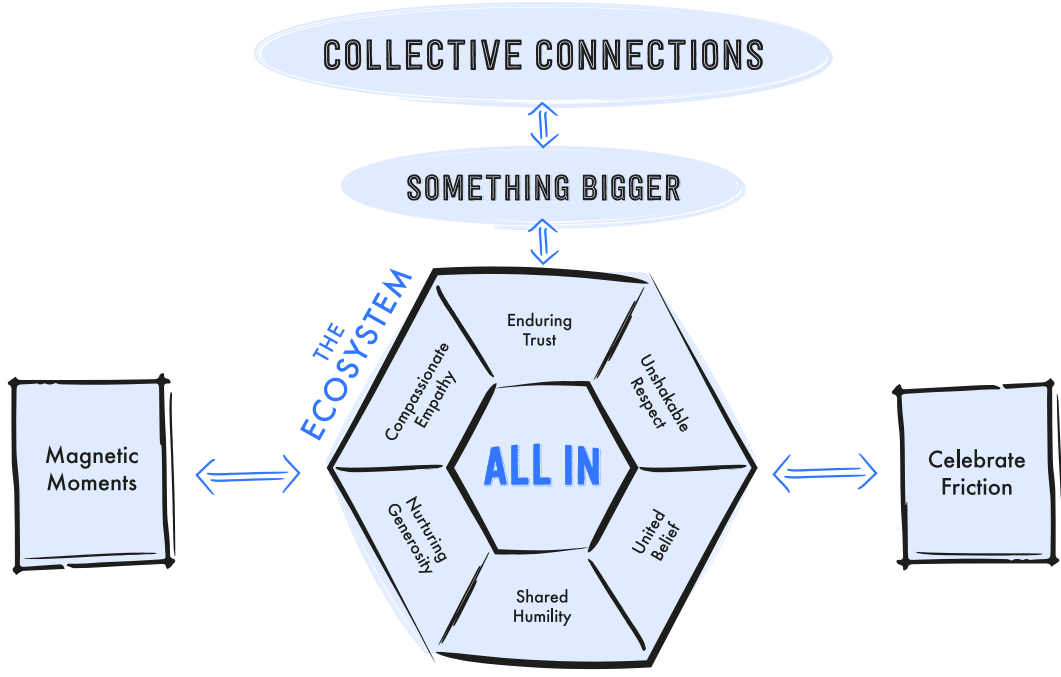
We've listened to and learned from over 65+ partnerships of purpose, and distilled their collective wisdom into a set of insights and tools to help you build depth and purpose in your relationships.

We've also explored some of the greatest collective human achievements, and the Deep Connections at their core, to help you scale collaborations and organizations that will make a difference.

Explore the Six Degrees of Connection

We've spent the last 18 years listening to and learning from successful partnerships and collectives of all types. These unique relationships are special because they've helped each individual make a bigger difference in the world than they could on their own.

We found six essential elements across all sizes of partnerships—from dyads, to collectives, to movements—and across all types of partnerships—whether business, romantic, family, or friends.



SIX DEGREES OF CONNECTION™ FRAMEWORK FOR DEEP CONNECTIONS

The Six Degrees of Connection is a powerful and unique framework designed to help you nurture meaningful relationships of purpose that lead to better lives, better organizations, and a better world.

Click on icons for videos

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Something Bigger
- 

The Ecosystem
- 

Celebrate Friction
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All-in
- 

Magnetic Moments
- 

Collective Connections

The secret to building and nurturing Deep Connections lies in a holistic approach. Download workbooks for each degree at pluswonder.org/educators, and become a Plus Wonder Explorer!



Let's get started

We have developed multiple workbooks that can be applied in middle school, high school, college, and beyond. The same workbooks can be used by parents, romantic partners, colleagues, businesses, friends, collaborations, basically anyone who wants to do something bigger in their life.

The Explorer Toolkit helps you:

Identify and recognize how you can build Deep Connections in your own life.

Explore partnering through the wisdom of a diverse array of local and global partnerships, who have built successful relationships of purpose.

Brainstorm actions to nurture partnerships in your life and community.

Whether you're in a **professional community, a classroom, or at home with family**, you can delve into the Explorer Toolkit in many ways. We recommend you...

Partner-up

Ask a partner to join you in introducing the Explorer Toolkit together. Share a partnership story of your own to set the tone. Ask your group to discuss the term "partnering," to define what it looks like in your community, and to share relevant examples.

Create connection circles

Dive deeper by forming connection circles—informal gatherings where your learning community joins together to listen attentively and discuss thoughtful questions. Use our **connection circle guide** to facilitate questions and further explore the Six Degrees of Connection.

Kick off with a quote

Initiate each session by sharing a different empowering quote from our **quote cards**, which represent the extraordinary partnerships of Plus Wonder. Kick off each day discussing, learning, and growing from our 1,500+ years of partnership wisdom.

Develop a signature ritual

Many of our partners develop rituals that are personal and allow their partnerships to grow. Develop your own partnership ritual by creating a special environment, setting an intention, or simply bringing presence and deep appreciation to your time together.

Extend your reach

Consider how you can continue to partner outside of your learning community. Share the book **Partnering** with a friend, and use this workbook as a guide to foster Deep Connections. Review and share the Plus Wonder vision and resources at **pluswonder.org** under the **Educators page**. Follow Plus Wonder on social media.

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CELEBRATE FRICTION

Take the heat out of conflict and turn it into learning opportunities.

Ignite sparks of creative combustion

for shared solutions and greater connection, staying All-In and focused on Something Bigger.

Using our partnerships as safe spaces to learn how to disagree and how to turn friction into learning moments has never been more important. Celebrating Friction can help us navigate a society prone to conflict, anxiety, and fear.

We need to cultivate humility to realize that we don't have all the answers and that the people we surround ourselves with can be our best teachers and support systems.



5TH DEGREE OF CONNECTION EXERCISE

The Other 99 Things

Don't sweat the small stuff. Remember the 99 things you love about someone when that one irritating thing happens. A sound perspective can always lift you above the petty rivalries and disagreements and allow you to turn friction into positive energy towards your mission.

How might you share with your Deep Connection that **thing you love about them**? Next time you see them, how do you plan to let that **sharing of love** turn friction into positive energy?

Consider 99 things **that you love** about a Deep Connection. Write down the first thing that comes to mind.

99





5TH DEGREE OF CONNECTION EXERCISE

Make Peace with Yourself

It's very hard to have a positive approach to friction if you don't have peace with yourself. Our partners understand it is important to "take responsibility for your own buttons," to focus on understanding yourself and the things that will trigger a negative reaction—to be aware of them and really work on them.

What are your buttons that **trigger negative responses**?
What five buttons come to mind?

- 1
- 2
- 3
- 4
- 5

Which of these buttons can you take **responsibility for now** and commit to working on first?





Keep up the practice

Share your buttons with more Deep Connections.

Ask them to share theirs and give each other permission to **bring awareness to these triggers** when they present themselves. Begin to Celebrate Friction through this level of shared awareness.

How would you finish this sentence, thanks to this shared awareness you've gained?

"I love that in my partnership with _____
we believe in calling attention to _____

in order to turn friction into a deeper connection."

Consider sharing this sentence on social media using the hashtags [#PartneringTheBook](#) [#PlusWonder](#)